



American  
Heart  
Association®



Hypertrophic  
Cardiomyopathy  
Association®

# HYPERTROPHIC CARDIOMYOPATHY

The Hypertrophic Cardiomyopathy Association is a 501c3 nonprofit organization founded in 1996 with the aim to provide information, education, support, and advocacy for the HCM community. There are an estimated 1 million people in the USA either living with, or at risk of, developing HCM. The HCMA encourages all patients to become informed and engaged in our community.

The American Heart Association's Hypertrophic Cardiomyopathy initiative works to improve HCM awareness and care. The AHA has been a leading source of health information for nearly a century.

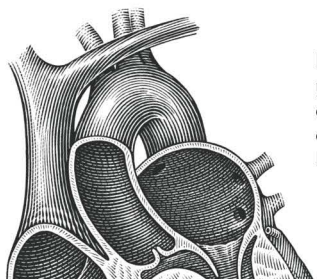
## SUPPORT FOR ALL WITH HCM

The HCMA has many ways for patients, families and interested health care providers to learn how to treat HCM and how to live a full and productive life with the condition. HCMA also offers peer-to-peer support for those living with HCM.

- Website [www.4hcm.org](http://www.4hcm.org) – online since 1996
- HCMA Facebook page (Hypertrophic Cardiomyopathy Association)
- HCMA national and regional meetings
- Support/Advocacy groups in your community

### Become an HCMA member and receive these additional benefits:

- Receive a copy of "A Guide to Hypertrophic Cardiomyopathy" by Maron and Salberg
- One-on-one planning sessions
- Additional web content and training materials
- Discount admission to HCMA events



Please take this card with you on your visit and use our checklist to ensure you get the most from your experience at this HCM Center of Excellence.

**[WWW.4HCM.ORG](http://WWW.4HCM.ORG)**

**[HEART.ORG/HCM](http://HEART.ORG/HCM)**

IMAGING

☐ Echo ☐ CMR ☐ Other

HCM STATUS

☐ Obstructed ☐ Non-obstructed  
Mitral regurgitation: ☐ Yes ☐ No

SUDDEN CARDIAC ARREST RISK

Number of risk factors: \_\_\_\_\_  
ICD Check: ☐ ICD ☐ Yes ☐ No  
☐ Yes ☐ No ☐ N/A

GENETICS

☐ Yes ☐ No  
Test results: \_\_\_\_\_  
Updates on testing done previously: ☐ Yes ☐ No

MEDICATION

REVIEW OF MEDS: ☐ Yes ☐ No  
Changes to meds: ☐ Yes ☐ No

DIET AND EXERCISE

- What CAN I do? What should I avoid? Diet tips?

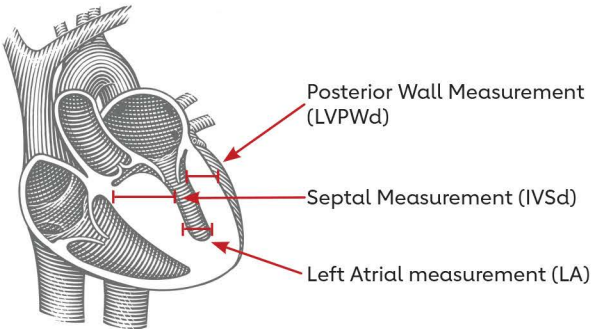
QUALITY OF LIFE ASSESSMENT

- How are you coping with HCM?
- Review of services available to help you cope

FAMILY SCREENINGS

- Who should be screened?
- How often should they be screened? Can they be genetically screened?

Each HCM heart can be a little different. The heart diagram below can be completed to show your unique HCM anatomy.



While echocardiograms contain a great deal of information, some basic information is good to know about your HCM heart. These numbers may change from visit to visit and may NOT indicate a change in your health. Knowing your anatomy may help you plan for your care now and in the future.

Your septal measurement (IVSd): \_\_\_\_\_  
Your posterior wall measurement (LVPWd): \_\_\_\_\_  
Your left atrial measurement (LA): \_\_\_\_\_

YOUR GRADIENT

Resting: \_\_\_\_\_ mmhg  
Provoked: \_\_\_\_\_ mmhg  
Your ejection fraction: \_\_\_\_\_ %